



~Hearts Apart~

*A Family Support newsletter
for friends & family of activated
members.*

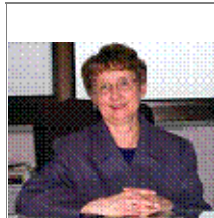
Volume 3, Issue 12

December 2005

Farewell Note to 440th Friends

The time that I have been at the 440th has been short, but it has been packed with so many opportunities and memories. As part of a terrific Family Support staff (a changing group--from many First Sergeants who served as base support to the permanent staff of Family Support) I have met reservists, their families and extended families. You are indeed a remarkable group of patriots. The road has been filled with potholes of trials and tribulations, but each and every one of you found the strength, courage and determination to handle a challenging time with grace and good cheer. We have all grown from these experiences. I wish you the best in this holiday season and the days ahead. I know you will handle every challenge with skill and resolve.

Col Hart has appointed TSgt Melissa Binns as the acting director. She and the rest of the Family Support staff, including our newest member TSgt Melissa Coppage will be here to help in any way possible. I thank you for the privilege of working with you. If you are ever near Grissom ARS (Peru, Indiana), please, stop in.



Susan Knauer

(Family Support Director Susan Knauer has taken a position as the director of the Family Support Center at Grissom Air Reserve Station. Her last day at the 440th will be Sunday, December 4. Her energy and her selfless dedication to the 440th will be greatly missed.)

Things to Do...



Bundles for Babies Workshop:

This program is designed for expectant parents and parents of babies less than 3 months old. Parents will receive useful information from Capt Danielle Pearce and Capt Julianna Olson of the 440th Medical Squadron and a "bundle" of gifts such as bedding items, diapers, clothing, and an AFAS tote bag. The next session will be on **Saturday, December 3** from 9:00 to noon.

December Hearts Apart Activity - Dealing with Holiday Stress:

The next Family Support Center Activity will be on **Saturday, December 10** from 9:00 am to 11 am. Adults will meet in the Wing Conference Room, Bldg 102, for a presentation on dealing with holiday and deployment stress. The guest speakers will be Capt Elaine Harris (Family Program Manager at Scott AFB), Elyce Meilstrup (Child Therapist at Great Lakes Naval Station Fleet & Family Support Center), and Julie Boesel (Family Program Manager from Great Lakes Naval Station Fleet & Family Support Center). Children will gather in the Wing Auditorium (Heritage Hall) for fun and games.

Please call the Family Support Center at (414) 482-5424 or 1-800-224-2744 for more information or to sign up for either of these programs.

Tough times never last, but tough people do. ~TSgt David Peterson, deployed 34th APS member

**440th Airlift Wing
Family Support Center
Bldg 102, Room 120
300 East College Ave
Milwaukee, WI 53207**

**1-800-224-2744 (414)
482-5424**

Family Support Center Staff

**Melissa.Binns@generalmitchell.af.mil
(NCOIC)
Melissa.Coppage@generalmitchell.af.mil
(TSgt Reservist)
Phyllis.Harris@generalmitchell.af.mil
(TSgt Activated)**



The winter holidays can be stressful for anyone, but when your loved one is deployed, they can be especially difficult. You may experience a range of emotions, from concern to loneliness -- even anger and disappointment. The holidays may magnify those feelings, but they can also be a time to strengthen your emotional commitment to your service member and your family.

As the family member of a deployed service member, it's important to be flexible, especially during the holidays. Here are some ways to do that:

- Be flexible with phone calls. Calls home are unpredictable, so it's best not to count on a phone call from your service member on the holiday itself. You might want to aim for a call during the week of the holiday instead. If you have a cell phone, arrange for the deployed service member to call that number so you won't miss the phone call if you're away from home. Just be sure to have your cell phone with you (and turned on) at all times.
- Accept that this holiday season will be different. It's easy to fall into the trap of expecting everything to be perfect, especially around the holidays.
- Do something you wouldn't ordinarily do. Instead of celebrating the holiday the way you have in years past, make an effort to keep busy in a memorable way. If you have always stayed home on the holiday, this year go to the movies, spend time with friends or relatives, or visit a museum that's open on the holiday.
- Keep holiday decorations up until your loved one returns, if it makes you feel better. Or take them down and put them back up when your loved one returns. Some families celebrate the holidays twice: once on the actual dates, and again when their deployed service member returns home. However, be aware that leaving decorations up long after the holiday has passed may be an unpleasant reminder of your separation and may make it more difficult to

accept your situation.

- Prepare yourself for a post-holiday letdown. Getting through the holidays may not be as difficult as you thought, especially if you keep busy and surround yourself with loved ones. Once it's over and things go back to normal, you may find it difficult to get on with day-to-day life. Prepare yourself for this possibility by keeping your support system in place in January and beyond.

It's easy to get caught up in all you have to do during this time of year, especially if you have always shared the work with your deployed service member. Tell yourself you don't have to do everything. It's more important to take time out to enjoy the season. Here are some ways to reduce stress:

- Find ways to have fun. Drive or walk with your family or friends to see the holiday decorations. Give yourself time for activities that make you feel good. Go swimming, sledding, ice skating, or skiing. Go on a nature walk or start a new project.
- Get plenty of rest and exercise. Remember to take care of yourself and keep your energy level high by eating well, staying active, and getting enough sleep.
- Prioritize. Make a list of all the things you need to do and decide which ones are the most important. Do those first. Then if you have time, start on the others. You may not have time for everything on the list, but if you get the important things out of the way, the rest probably won't matter. <Information from www.militaryonesource.com>

Special Offers

Logitech Contest - Deadline December 2, 2005

Logitech is holding the Logitech Holiday Cheer Contest. Logitech will provide two QuickCam® webcams to each of the five winning entries received from families of select U.S.-based military children – one for the family home and one for the family member stationed away from home. Children aged 17 and under, with parents or guardians on active duty (including members of Reserves and National Guard serving on active duty) who will be serving outside of North America for more than 15 days during December 2005 are eligible. They can submit their entries to the Holiday Cheer Contest by writing a letter to Santa explaining what it would mean to them and their military family to be able to use webcams in a live video conversation with remote family members. Details about the program and how to enter can be found at www.logitech.com/santa.

Free ACT/SAT software

Thanks to an NFL Players Donation, military personnel can obtain SAT/ACT Standard Power Prep programs without charge. The SAT/ACT Standard Power Prep programs normally cost \$199.00. Families that request the programs pay only shipping & handling costs associated with the request. For more information and to order the software, visit <http://www.militaryhomefront.dod.mil>.

Family Support Center: (414) 482-5424 or 1-800-224-2744